

Critical Days of Summer

Traffic Safety - Distractions and Road Rage

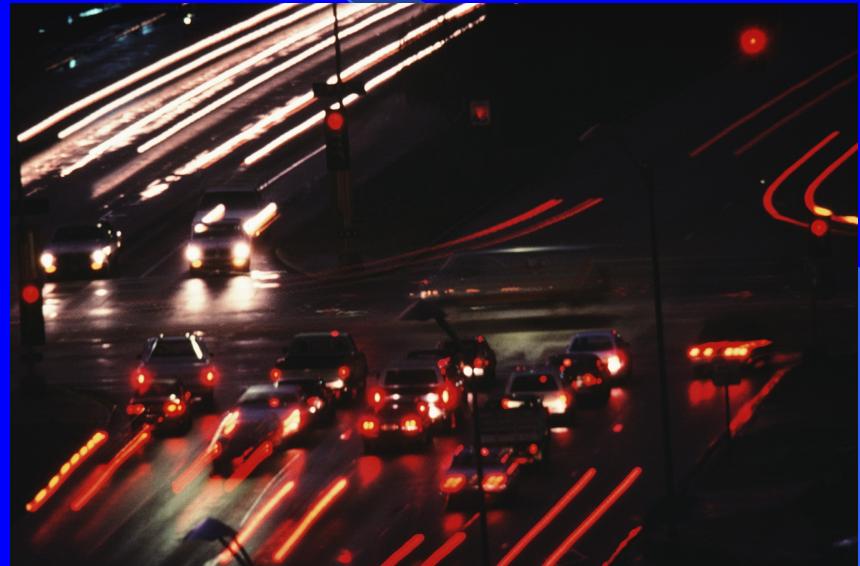
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The Naval Safety Center*



Distracted & aggressive driving

*Is it really
worth it?*

Drive carefully.
It's not just cars that can be recalled by their maker.



Don't participate, it'll ESCALATE!

May I have your attention please?

Cellphones

Food



Friends

make-up

Music



3 Types of distractions:

What happens to me?

1. Reaction time is affected
2. Failure to acknowledge
3. Decrease margin of safety



Yes, it's THAT serious

“Based on a 1996 NHTSA study, we estimate that driver distraction in all of its various forms probably contributes to between 20 -30 % of all crashes.”

-L. Robert Shelton, National Highway Traffic Safety Administration (NHTSA)

Network of Employers for Traffic Safety estimates that **one-quarter** to **one-half** of the roughly **6 million** crashes each year are caused by DISTRACTED drivers.



Aggression

Aggressive Driving vs. Road Rage



- **Aggressive driving**- “when individuals with impaired emotions commit a combination of moving traffic offenses so as to endanger other persons or property.”
- **Road rage**- occurs when a traffic incident escalates into a more serious situation. Driver retaliates with some form of violence. It is **criminal behavior**.

It DOES happen, folks!

- ◆ In 2000, **41,821** people died in police-reported crashes. About **66%** of the resulting fatalities can be attributed to aggressive driving--such as running red lights, and tailgating. (NHTSA)
- ◆ A recent study by the AAA Foundation for traffic safety found nearly **90 percent** of drivers experienced an aggressive driving incident during the past 12 months.
- ◆ Seventy percent (**70%**) of drivers get angry with slow drivers. (NHTSA)

Don't participate, it'll ESCALATE!

Excuses... (We've all heard it before!)

“But he cut me off!”

“But she wouldn’t let me p

“But they kept tailgating me!”

“But he was driving too slow!”

“But they gave me the finger!”

“But THEY started it!”

“But I was just wanted to give them a taste of their own medicine, and have the last laugh!”

Stop your crying, and **grow up**. It's not worth your life.

3 Categories of aggressive driving

- A. Impatience and inattentiveness**
- B. Power struggle**
- C. Recklessness**

Impatience and Inattentiveness

1. Driving through red
2. Speeding up to yellow
3. Not yielding
4. Blocking intersection
5. Not signaling when required
6. Following too closely



Power Struggle

Sound familiar?

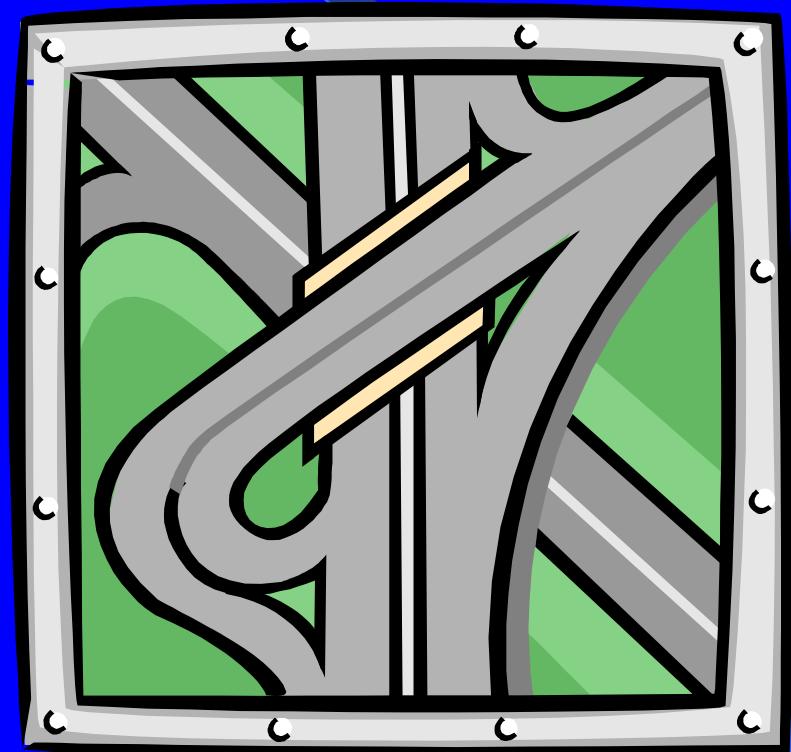
1. Blocking passing lane, refusing to move over.
2. Breaking suddenly to retaliate.
3. Cutting off in a duel.
4. Tailgating to punish or coerce.



Don't participate, it'll ESCALATE!

Recklessness

1. Driving drunk
2. Pointing a gun
3. Assaulting with the car or battering object
4. Driving at very high speeds



Don't participate, it'll ESCALATE!

Legislative Penalties

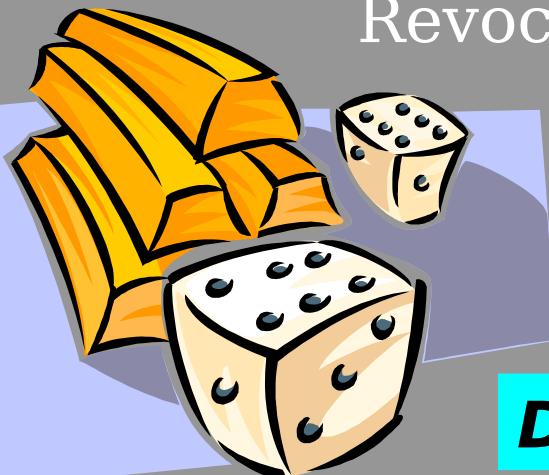
Fines

Prison time

Required aggressive driving
education

Suspension of license

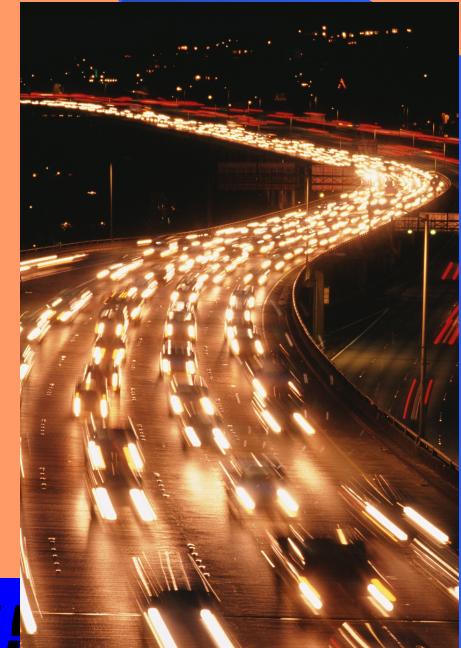
Revocation of license



Don't participate, it'll ESCALATE!

Triggering factors for aggression

1. Congestion = FRUSTRATION!
2. Human's natural competitive instinct.
3. General stressors and emotions of every



Don't participate, it'll ESCALATE!

Some things are just *BEYOND* your control

(Like **bad** drivers – but you can make things better)

1. **Lane blocking** -- *Do not block passing lane! Yield to the right of any vehicle that wants to overtake you.*
2. **Tailgating** -- *Always maintain a safe distance from the vehicle in front of you.*
3. **Signal Use** -- *Don't switch lanes without signaling your intention. It's just being courteous.*
4. **Avoid gestures** -- *Some people have gotten stabbed, and should never be someone “giving them the finger.”*

Don't participate, it'll ESCALATE!

Some things are just **BEYOND** your control Make things better (continued)

5. **Blocking traffic** -- If, for some reason, you are driving a vehicle that is pulling something of size, be considerate of the other drivers around you.
6. **Displays** -- Make sure that your vehicle does not have anything on it that might possibly offend, or agitate someone else.

And finally...

Avoid eye contact!



Don't participate, it'll ESCALATE!

“Hey man! It was an accident!”

Ways to say: “I’m Sorry!”

- **Waving**
- **Raising a hand**
- **Mouthing the words “I’m sorry.”**

Relax and enjoy the ride!

- Allow yourself plenty of time for travel.
- Control your emotions.
- Make your vehicle as comfortable as possible!



Don't Participate, it'll ESCALATE!